

## Food Bytes

### Walk to School Day

**What is Walk to School Day?** Kids from communities around the world walk, bike or roll in a wheel chair to school on the same day. *Walk to School Day* 2015 is October 7.

#### Why Walk, Bike or Wheel to School?

- Fun—Walking, biking and wheeling to school with friends is fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with walking or biking can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.
- Community Benefits—Reducing traffic congestion and improving neighborhood connections benefit the community.

#### How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

**Nutrilink:** Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org).

## Menus for September 2015

[Insert name of Local Education Agency] Schools

	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
				
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Monday, September 28	Tuesday, September 29	Wednesday, September 30		

## September

- Fruit & Veggies—More Matters™ Month
- Whole Grains Month

Source: [www.walkbiketoschool.org](http://www.walkbiketoschool.org)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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